

HALIFAX TRIAD — Serving Seniors of Halifax

Next Meeting: June 11th, 10:00am - Police Station -

Guest Speaker— Marc Valentine, Consummate Impresario

From conducting the Boston Pops at age 19, Marc has directed some of our country's most "honored" ceremonies including the 50th dedication of the Lincoln & Roosevelt Figures on Mount Rushmore to the 50th anniversary of the Pentagon. For the past 25 years Marc has escorted the historic chest, once aboard the U.S.S. Constitution, to over 30 countries. Marc is curator of the National Flag Exhibit and oversees the intergovernmental use of over thirty 90ft., 300lb flags transported aboard the National Flag Truck, which he drives....come & listen to Marc's experiences...you don't want to miss this event!!

ALL ARE WELCOME

LOOK WHAT'S COMING IN THE FUTURE



* July 24— John Root Entertainer (1pm)

& Ice Cream Social (2pm)- Halifax Mobile Park

- GENERATIONS Meeting/Cookout— July 19, 11:00—COA
- Summer Cookout— August 14th —Town Hall Green
- Sept 12th & 19th—Choose my Plate Workshop with Old Colony Elder Services— Eating Healthy & Staying Active!
- TRIAD HEALTH FAIR— Sept. 21st (Sat) - Halifax Elem School 10am—3pm— Much Information & free gifts/raffles/food.

SHINE (Serving the Health Insurance Needs of Elders)-

Meet with our SHINE Counselor, Maria Burke on Tuesdays from 9:00-11:30. Please call for an appointment time. We are so happy to have Maria at our Council on Aging helping seniors & their family members in our town!

VETERAN AGENT—WIL COREY—(Next Visit-June 19th) —

Thank-you for attending the Council on Aging every 3rd Wednesday of the month from 11am—noontime! If you have questions or need Veteran's information, please stop by Popes Tavern Senior Center to meet with Wil.

"GENERATIONS" — FUN TRIPS!!

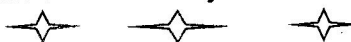
1. June 20th/Thursday— Isle of Shoals- \$85p/p— 8:30am — 8:00pm—Lunch at Warrens in Kittery, Maine.
2. July 20th/Saturday—Norman Rockwell Museum— Lunch at Red Lion Inn—\$79p/p.
3. Oct 1st/Tuesday — Mohawk Trail — Lunch at Williams Inn—7am -7:30pm.

*Call Generations President Dottie Martel for information if your interested in these trips: 781-754-0645.

SHINE COUNSELING is available on Tuesdays at the Council on Aging from 9:00— 11:30. Maria Burke is our volunteer Counselor. She will help you with Medicare, Mass Health, Health Insurance & prescription drug coverage. Call for an appointment.

GRAND OPENING OF NEW RAMP— 1st week of JUNE!

The Senior Center will now have two entrances & exits via the front door and back/side door at Pope's Tavern Senior Center. There is parking out front along the side to access the front door and the back parking lot can still access that door, but the old ramp is closed for repair. If you need to use the front ramp please park accordingly. Thanks again to the Municipal & School Building Committee, our Highway Dept., and SLRHS welders for an awesome project well done!



MASSAGE THERAPY IS BACK...

Jen Davis who graduated from Dove Star Institute is nationally certified through NCBTMB. Some common conditions treated are: carpal tunnel, sciatica, whiplash, rotator cuff injuries, tendon & ligament injuries, multiple sclerosis, fibromyalgia and migraine headaches. The benefits of massage are many. Fees are \$1/minute with a 10 minute minimum.

Next Visit: June 6th—11:30. Please call for an appointment.

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TIPS FOR MANAGING YOUR MEDICATIONS

Here are tips from the **National Council on Aging** for managing medications safely. Did you know studies show that 33% of people 65+ have one or more harmful reactions to a medication, which is harmful to your health?:

1. Keep informed about all medications you take.
2. Use one pharmacy and talk to your pharmacist often.
3. Pay attention to all side effects.
4. Store your medicines safely (cool, dark, dry location).
5. Take your medications as prescribed.
6. Seek help to pay for medications (ask PCP; SHINE)

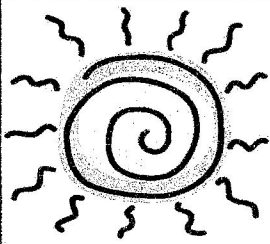
JOKE OF THE MONTH

Little Michael watched, fascinated, as his mom smoothed cold cream on her face. "Why do you do that Mummy?" he asked. "To make myself beautiful", said his mom who then began removing the cream with a tissue. "What's the matter?" asked Michael, "Giving up?" (Anonymous)

To Report Elder Abuse , Call the Hotline— 1-800-922-2275.

Old Colony Elder Services - Menu

June 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish w/ Crumb Topping Sweet Potato Roman Blend Veg Pumpnickel Bread Fruit loaf MOD: lemon grahams Calories: 570 Fat: 16% Sodium: 655 mg Fiber: 6 g	4 Hot Dog on a Bun Tater tots ketchup pkt California Vegetable Pineapple Calories: 781 Fat: 46% Sodium: 1260 mg Fiber: 7 g	5 Macaroni and Cheese Broccoli Stewed Tomatoes Rye Bread Apple sauce Calories: 680 Fat: 33% Sodium: 920 mg Fiber: 7 g	6 Garlic Chicken - Salad Pasta Salad, Vinaigrette English Pea Salad Multigrain Bread Mandarin Oranges Calories: 765 Fat: 27% Sodium: 465 mg Fiber: 12 g	7 Beef Stir fry Oriental. brown rice Broccoli Whole wheat Bread Rice Pudding MOD: SF Pudding Calories: 750 Fat: 33% Sodium: 750 mg Fiber: 11 g
10 Baked Chicken with Gravy Oven roasted potato Harvard beets Rye Bread Pineapple Calories: 633 Fat: 20% Sodium: 645 mg Fiber: 5 g	11 Turkey- ham and American cheese Tomato and Cucumber salad Wheat Bread Fruit Cocktail Calories: 670 Fat: 40% Sodium: 1240 mg Fiber: 6 g	12 Swedish Meatballs Parslied Egg Noodles Spinach Oatmeal Bread Chocolate Pudding MOD: SF Pudding Calories: 590 Fat: 28% Sodium: 800 mg Fiber: 8 g	13 Cheese Omelet O'Brien Potato Green Beans Pumpnickel Bread Fruit Snack n Loaf MOD: Apple-Cinnamon Grahams Calories: 730 Fat: 40% Sodium: 965 mg Fiber: 6 g	14 Roasted Turkey w/ Maple Gravy Mashed Potato Peas and Onions Multigrain roll Mandarin Oranges Calories: 640 Fat: 22% Sodium: 1059 mg Fiber: 9 g
17 BBQ Beef Patty White rice Italian Vegetables Oatmeal Bread Fresh Apple Calories: 700 Fat: 35% Sodium: 539 mg Fiber: 10 g	18 Lemon Pepper Fish Mashed Potatoes Fiesta Blend Vegetables Rye Bread Butterscotch Pudding MOD: SF Pudding Calories: 710 Fat: 30% Sodium: 911 mg Fiber: 5 g	19 Stuffed Shells w/ meat sauce Green beans Cauliflower Garlic roll Peach Cake MOD: LS Cake Calories: 625 Fat: 38% Sodium: 721 mg Fiber: 8 g	20 Sweet n' Sour Pork Rice Blend Carrots Multigrain Bread Cinnamon Apples Calories: 619 Fat: 27% Sodium: 882 mg Fiber: 9 g	21 Cranberry Chicken Mashed Potato Corn Wheat Bread Pineapple Calories: 615 Fat: 19% Sodium: 509 mg Fiber: 7 g
24 Cheese Lasagna w/ Meat Sauce Green and Wax beans Carrots Italian Bread Apple Cinnamon Muffin MOD: Blueberry Graham Calories: 575 Fat: 29% Sodium: 777 mg Fiber: 12 g	25 Lemon Dijon Chicken Wild rice Spinach Whole Wheat roll Fruit Cocktail Calories: 590 Fat: 18 % Sodium: 729 mg Fiber: 5 g	26 Egg Salad Broccoli and Tomato Salad Potato Salad Rye Bread Vanilla Pudding MOD: SF Pudding Calories: 600 Fat: 37 % Sodium: 559 mg Fiber: 7 g	27 Steak and cheese Potato wedges Broccoli Sub Roll Pears Calories: 725 Fat: 42% Sodium: 1029 mg Fiber: 9 g	28 Krunch Lite Fish Mashed Sweet Potato Zucchini Pumpnickel Bread Fresh Orange Calories: 790 Fat: 33% Sodium: 789 mg Fiber: 8 g
Milk and margarine are served at every meal. ♦ Indicates entrée has > 700 mg Sodium				

Menu is subject to change without notice

Suggested donation - \$2.50 per meal.